

THE STUFFER TRIBUNE:

The Voice of the Residents of Stouffer College House

Vol 3, No 5

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CONSTRUCTING A COMPLAINT

By Rachel Senturia

Construction men really know how to make friends. I would love to meet them. Although it'd only be so I could jackhammer in their ear. The diner construction has really made 8a.m. a lot more difficult than it should be. And it's so uncanny how they always seem to know when my alarm clock is going to ring. Everyday I am woken up just about 20 minutes before my clock is set. I don't even wake up at the same time every day. Just for this, they deserve a prize. But wait, there's more.

I believe they are working on a 50's style diner to be located in downstairs Stouffer. While this may receive oohs and ahhs from undergrads and maybe even hoorays from Stouffer residents because of the proximity, students shouldn't be duped. This diner will probably have the hours of Houston Hall, where it's impossible to get food Friday or Saturday night. I guess they assume everyone eats out those evenings. Well, they do now because there is no where to eat. Period. This campus sucks. Freshman 15 my ass, I lost 15 pounds. Ok, it was only five, and another five for mono, but still!!!



Far from my usual random front page rant, I'm really angry this time. The food will probably be overpriced, and definitely sub par. I'm expecting it in this city. Sure, Philadelphia has its charms like soft pretzels, cheese-steaks, Buis, and Cosi, but I feel like a cat!! I have been reduced to eating the same food everyday. And don't tell me to eat dining because why would you want to kill me?

Simply put, the food here is horrible, but construction is even worse, although it may taste better; I'm not sure. Perhaps I can fool construction workers by setting my alarm a lot later than need be in order that they start drilling after I leave. Although, then I need another alarm clock. See, there is no win-win at Penn when it comes to construction or food. Gahhhhhhhhhh.

Yeah, boobs!

By Ga Lisa Kutzing

Almost any heterosexual male would agree with me that breasts are absolutely fantastic! Our reasons for feeling this way, however, are probably quite different. In our society today, it is difficult to think about breasts in any context other than sex, but believe it or not, that's not what they're really there for!! That's right, folks, I'm talking about the wonders of breastfeeding.

You're probably thinking it's pretty weird for me to be talking about breastfeeding to a bunch of college students. After all, you're worried about this week's exam or the huge paper you've been putting off, not whether you or your partner will decide to breastfeed your future children! However, this may be the best time to discuss this topic, as most women make the decision to breastfeed well before they ever become pregnant. I, for one, am certainly not looking to get pregnant any time soon, but I know for sure that if and when I do, my child will definitely be breastfed.



Oooh Wee! Look at dem ta-tas!

Some of you may know about the many benefits of breastfeeding that make it so much better than formula, but most of you probably don't, so I'm going to tell you about some of them! Did you know that compared to artificially fed babies, breastfed babies have a lower incidence of illness, hospitalization, and death? These babies are not only better protected against common childhood illnesses like ear infections and respiratory and gastrointestinal illnesses, but many benefits are also seen several years down the road. As these children grow, they are less likely to develop asthma, allergies, leukemia, obesity, heart disease, and diabetes. Furthermore, people who are breastfed have been shown to score higher on intelligence tests! That's right—your kids will get into Penn based on their smarts, not their “legacy” status!

There are so many other benefits I could tell you about, including the cost-effectiveness of breastfeeding, the positive impact it can have on the health of mothers, as well as the worldwide implications of decreasing childhood starvation and death, but it would take me forever to list them all. The point of this article, however, is not to bog you down with a list of reasons why you should or shouldn't breastfeed your future children. My main purpose in writing this is to get you thinking. In a society where we associate boobs with sex and babies with bottles, the thought of breasts as milk producers seems foreign to us. This way of thinking will change only when more people think, talk, and do breastfeeding, and now is the time to start this process.

Why I'm Obsessed With "The Matrix"

By Nat Ward

Since the premiere of third movie in The Matrix trilogy, "The Matrix Revolutions", is almost upon us (November 5th), I thought that this would be the perfect opportunity to announce to the Stouffer community that I, Nat Ward, am absolutely obsessed with The Matrix and have been for two years, although my obsession has escalated considerably since the release of "The Matrix Reloaded" this summer. Just to give you an idea of the magnitude of all this: I saw "Reloaded" in the theatre FIVE times this summer, there's something Matrix-related everywhere you look in my room, about half of my wardrobe is black, I had "Free your mind" inscribed on the inside of my class ring, the soundtrack to "Reloaded" as been playing on a loop in my diskman since it was released in May, I can recite the lines of both Matrix movies along with the characters...I think you get the idea. The Matrix even inspired me to change my major (more on that later). Now you can laugh at me or call me a weirdo or say anything else you want: I really don't care. It's not gonna change the fact that this is just the way I am.

Of course the first question on everyone's mind is, "Why? Why is she so passionate about these movies? They are just movies, after all." To be honest, until recently I didn't even know why I was obsessed with The Matrix. I tried to figure it out over the summer. I knew that it couldn't have been because of any simplistic, obvious reason (like the mesmerizing special effects, the clever subtleties (for example: "Neo" is an anagram for "one" and also means "new" in Greek), the kick-ass action sequences, the fact that Keanu Reeves is a total babe, etc.), although those attributes of The Matrix certainly sweeten the deal. But no: I knew that there was something deeper to my fascination, and I also knew that when people are obsessed with something, it means that they're trying to integrate the essence of that thing into themselves. Keeping this in mind, I kept trying to analyze both The Matrix and myself from all possible angles. And then one day, at the end of the summer, out of nowhere, it just dawned on me: it's because the plots of the movies (especially the first one) revolve around the themes of change, self-actualization, and reality. Think about it: in the first movie a guy named Thomas A. Anderson (hacker alias: Neo) knows that something in his life has to change, and he doesn't know exactly what. Then he's yanked out of his everyday life, is told that there really IS something wrong with his life and is given the opportunity to learn what that "something" is, and also that he has the power to change it. In fact, Neo learns that he has more power than he even imagined possible, and the movie chronicles his struggle to learn what he is truly capable of and to become a more complete person with a new identity (as he was very quick to remind Agent Smith, who had referred to him as "Mr. Anderson" during the "subway scene" at the end of the movie: "My name is NEO"). With the help of those around him, he succeeds in this struggle and unlocks abilities that he wasn't aware he had (being able to fly, etc.). The second movie illustrates Neo's powers in even greater detail and reveals the responsibilities and decisions that come with those powers.

"OK Nat, so what does that have to do with you?" Well the answer to that is that for a long time I too felt that there was something wrong with my life, and like Neo I couldn't pinpoint what was bothering me. But the events of this summer, along with the events of the months preceding it (and no I am not referring to the release of "Reloaded"), forced me to see the realities of myself and my life, and in those realities I was finally able to identify the things that had been bothering me for some time. And while facing the truth was difficult (the Red Pill is always the hardest to swallow, yes?), I am now beginning to reap the rewards of facing the harsh realities of my past. I don't think I'll be flying through the air on a whim or taking on a hundred Smiths any time soon, but this year I am carrying myself differently and expressing myself differently as well. I'm also treating myself better and listening more to my instincts. I'm currently changing my major from Electrical Engineering (technically now I'm in CTE....always hated it, just wasn't being honest with myself) to either Digital Media Design (so I can work on those awesome special effects) or, more likely, Computer Science and Engineering (something I always liked...hey: now I can work for a "respectable software company" like Neo did). The truth really has set me free...

"OK, so what does this have to do with ME?" That's really up to you: my point here is that you should always be open to what your experiences teach you about yourself. I mean, college is the time when we're supposed to learn about ourselves, right? So I'm urging you to truly know yourself ("Temet Nosce", as it was written above The Oracle's kitchen door) and be open to whatever your experiences and your surroundings have to teach you, no matter how hard the lesson is. Think about where your life has been and where it's going. As for me, I hope to write screenplays (workin on one right now actually), and it is my sincerest hope that one of them gets produced and that it brings clarity to someone's life the way The Matrix has done with mine. Then I'll know I've succeeded. (By the way: I'll be at the Stouffer Halloween Party; you'll know who I am. To talk about this/The Matrix/anything: naward@seas.upenn.edu 120B)

The Night of Defeat

By Corey S. Hulse

So hopefully most of you know my name. If not, then I did a really bad job in running for the Freshmen Class President and Undergraduate Assembly. Well, I'll give the spoiler away now, I lost. But, read on, and you will hear about the night the winners were announced.

It all started the morning of October 8th. That morning is when the violations were posted by the Nominations and Elections Committee. If your name was posted you had to be at the Violations Hearing at 8:00 PM, and directly afterwards was when the winners would be announced. My mouth hit the floor as I looked at the website. Twenty-three in all! And what was this? A charge against me! Apparently I was charged with violating Section 3, Article XII, Sub-section J4R1: The "Not Properly Busting-A-Move While Playing Dance Dance Revolution in a Stouffer Lounge" rule. (For those of you who don't know Dance Dance Revolution (DDR), it's a video game with a pad on the floor. It plays really cheap techno music and you dance to it to earn points.) I glanced at my watch. 9:34 AM. That meant I had roughly 10½ hours before the Violations Hearing was to begin.

I was a nervous wreck in the time leading up to the hearing. I went to classes but didn't focus. I had to get ready to show the Ethics Committee that I really could shake my groove thing on the DDR pad. I got back home and set it to "work-out" mode for 2 hours straight of dancing action. I was sweaty, I was tired, but I had to forge ahead, making sure I hit every up, down, left, and right arrow on maniac mode. The time was drawing near. 7:00 PM. Time to shower and put on my best pair of Spongebob boxers. I started the long walk to Logan Hall with my Playstation in one hand and dance pad in the other.

The other candidates were piled into the lecture room by the time I got there. I went to the registrations table and was given a piece of paper with the number 23 on it. "You're the last charge to be heard, Mr. Hulse," said woman. I took a seat as the Ethics Committee came out, and boy did they look menacing. They were dressed in all black hooded robes, and all breathed like Darth Vader. All except the fat one, who kept fisting butterscotch Tastycakes in his mouth. They took their seats and the number 1 flashed in the "Now Serving" box on the left wall.

Some of the cases were long, some were short. Joey C was found guilty of pulling Suzie Q's pigtailed. Gary Coleman was charged with being short and using his catchphrase "WhatchutalkingboutJudy?" too many times. Everyone had a jovial laugh after he said "WhatchutalkingboutJudy?" to the crowd and the case was dismissed. Gandalf the White was dismissed for his run for "Class Wizard" after he was found guilty of gaining an unfair advantage by upgrading his wizarding level from "Gray" to "White". Dylan Jackson, who ran for "Class Streaker" was charged with not streaking during the Econ Scream, a requirement for all candidates. He was found not-guilty after his friend presented a PowerPoint to clearly illustrate that he was indeed naked and jigglin' his way across the Quad. Lester Bobcat was voted off the island. Scott Evil, running for Wharton Rep, was found guilty after his father charged him for "not being evil enough". I became bored and set a personal record for "Snake" on my Nokia phone.

I looked up "23" flipped onto the screen. "Hulse, Corey" snarled one of the demons in front. I nervously hooked the PlayStation up to the cable outlet and set on my favorite song, "Make A Jam" by U1 in Maniac mode. Yes, I know, you've never heard of it, but it rocks. And rolls. In fact it rocks and rolls.

So the song started. The arrows piled onto the screen. Left, left, right, up, down, jump, down, down, up, right, left. I had the handstands, the double-jumps, the backrolls, the flips. Soon everyone was up in the aisles dancing to the beat, cheering me on as I went for the perfect score. I strived and strived until there were 10 seconds left. Then I stumbled and missed the second-to-last arrow. The crowd gasped. I fell to the ground and put my head in my hands. Then the hot chick from my Management class came up to me with a WaWa hoagie. "Here, have this. It has roast beef and hot peppers."

The sandwich was good, but the next news was better. My charge was dropped after all the Ethics Committee members gave me a 10! Except the fat guy. Apparently he dropped a Tastycake under his chair and didn't see me dance, so he gave me a 2. After whipping the sweat off my face, I took my seat again.

The head Ethics Committee dude stood up. "Now, we will announce the winners. Those of you who were found guilty are forever banished from the kingdom of Rohan." Those of us left sat and waited. He began to utter the names, one-by-one, and it was like having a bingo card with no "I-18". After the dust cleared, I finished 8th out of 14 for President, and 24th out of 40 for UA. I walked back alone. I saw the hot chick in the distance, standing in front of the Quad.

"I'm sorry you lost," she said, "maybe next year."

"Hey, you want to grab some cookies from the Nichols?" I said, "It's Wednesday night."

"Gladly."

Oh well, there's always next year.

THE RED SOX CAN SHOVE IT

What do you think about that, GA Endizzle? Ha! Just kidding.

By The Yankees Fans, worldwide baby!

The Yankees Make Even the Little Ones Irate



"The Yankees are so much better than me. I hate everything!" – Little boy

"Am I ever going to get back in the ST?"-- Resident Hottie B.

"I still won't sleep with you. You're welcome, though." - Ed

Red Sox Fans Fight Back at the Annual Yankees Suck Party



I don't even know how to spell sucks, but Boston does it. Yeah, New York! – Girl Four

But, isn't this a Yankees suck party? Where do we hail from? – Girl Three

I don't think anyone is gonna notice that I'm not wearing any panties. – Girl Two

I can see your panties. Let's go give Mo Vaughn a group BJ. – Girl One

Cognitive Science Discussion Group
Thursdays@ 6PM

First Meeting
October 30th @ Bennett Hall 130

Future Meetings
November 6th @ Williams Hall 321
November 13th @ Williams Hall 321
November 20th @ Williams Hall 321
December 4th @ Williams Hall 321

Our first meeting will be an organizational meeting to figure out what persons want out of such a discussion group. It will be held at Bennett Hall. The future meetings will be held at Williams Hall. All meetings start at 6PM on Thursdays and are expected to last anywhere from one to two hours, but please come and go as you please.

Ten Reasons Why You Want To Join Our Discussion Group:

- (1) If you want to explore new ideas in fields in which you are not taking classes
- (2) If you want a discussion on a topic you aren't understanding
- (3) If you want to practice a presentation before you have to give it in class
- (4) If you want to find other students interested in your specific research area
- (5) If you want to find new ways that your specialty interfaces with other areas
- (6) If you want to learn more about cognitive science before investing in biotech
- (7) If you want to find other people to help you launch a biotech start-up
- (8) If you want to discover THE theoretical framework for cognitive science!
- (9) If you want to learn some discussion points relevant to your job interviews
- (10) If you want an informal setting to seriously discuss cognitive science issues

So if you belong to any of the following areas of study, [anthropology, architecture, biology, chemistry, cognitive science, economics, education, engineering, history, linguistics, management, marketing, mathematics, medicine, nursing, philosophy, physics, political science, psychology, sociology, undecideds, and many more!], please join us!

Thanks for your time,
Mahendra Prasad

If you'd like to be added to the cognitive science discussion group listserv, please email Mahendra Prasad, mrprasad@sas.upenn.edu , with (1) your email address, (2) your name, (3) what you want YOUR discussion group to do for you, (4) what you want to do for YOUR discussion group, and (5) your areas of study and interest. [Please at least email the first and second items, and it is strongly recommended that you email all five items.]

SOME SENSELESS RANTING:

Fu\$K It Dude, Have It Your Way

By James Schneider

You wanna know what makes me mad: everything! I was walking around the streets and I couldn't even believe it. There was just so much stuff that made me go, "What the...Stop!!!" Let's run through a couple of my peeves, shall we?

Stuuuupid People:

It might be funny to call your friends stupid, you know, just to razz 'em a bit. But I mean, really scrape the bottom of the barrel and you still haven't hit the scum. Like, the stupidest people you could ever meet. Yeah, well, I hate them with the passion of many passions. For example, when I purchased a drink the other day and my change would have been 13 cents. Well, I'm such a cheap bastard I needed the cash, but I'm also lazy, and carrying all that change is annoying. So, I looked in my wallet and had 12 cents. I said, "Okay. Here, I have 12 cents. Give me a quarter." This is not brain surgery, this isn't even like repairing a limb or something like that. Well, you wouldn't know it for the dumbfounded look on this bastard's face. Duuuuuuhhh. "I can't do that, I already rang it up in the register." Wonderful. Thank you Philadelphia Public Schools or lack there of, I hate you.

People Who Need A Cause, For No Reason:

Ever find yourself writing for a major school-wide publication and having people get all uppity just because? Oddly, I have. Every group on campus feels like they are the victims of a personal attack. Like, no. Just shup up, give it a rest; no one gives a crap. Seriously, the victims-of-wild-goat-attacks and the survivors-of-reading-this-article clubs should be SAC-funded. When worthy groups like the Penn Democrats are funding some programs out of pocket, it's ri-frigging-diculous that there could be groups around campus that do literally NOTHING. NOTHING. Shove it. I hate you with a blind raging utter contempt. Blind, I tell you. Like Sparky, the homeless guy who drinks bats blood and smokes the sticky. That guy! Just shut up. Go away.

The kid in my hallway who left the alarm on all weekend and went away

I woke up willing to stab the everloving crap out of this waste of humanity. Oh, and he left his cell phone on, which reminds me further that I should pimp slap the hapless oaf tree.

People who do not close the door when they pee

It's true. Every one of you toothless, paint chip sucking, bumlbers. I'm calling you out. Just, close the door. I don't want to see your millimeter peters. Really. Like, really. Even if I was a girl, I don't think I'd be that into it. I mean, it's like free porn, right? Well, as a fairly good looking man, I'm sorry for robbing you of that porn. But, like, just...gahhh!!! I would just prefer that everyone else spares me their Minnie Yous. Thanks. Have a nice day, dipshit.

Stupid, pointless, box-cluttering emails

Oddly. I feel like this may have been covered before. Somewhere. Nevermind.

Anyone who thinks John Mayer is good, but thinks Dave Matthews sold out

You are as deserving as anyone of my hatred. You are stupid, have crappy taste in music, and are a bad person. And, a bad mailman. Take that CD and stick it where the sun don't shine. In your CD player. Just end it. Follow the vein. Do it, do it, do it. Oh, and buy Judas Priest. I'm sure there's a message in there for one of you crackheads.

Myself, for missing "Pie In The Sky"

Damnit. I missed it, due to the numbskull who left his alarm on. Refer to previous rant. Die slow. My Four-Four makes sure your kids don't grow. This is the worst thing ever.

Things to hate next week: Haley Joel Osment: Shovel to the face. Pigeons; military; aardvarks.

The Financial Feature

Keepin' it Cheap: Cheap Halloween Costume Ideas!

Still looking for that perfect Halloween costume? Check out the options below, or go to Goodwill, Buffalo Exchange, the Salvation Army, or other secondhand shops for ideas. But DO NOT go to any retail store for a costume! ☺

Tourist/Beach bum: Guys loud Hawaii shirt, shorts, Large straw hat. Girls - bright loud dress, flats, big sun hat, straw bag.

1950's Sock-Hopper

A round skirt, white short-sleeved shirt, and some saddle/buckle shoes. Tie their hair in a ponytail, and wrap a scarf around it.

1960s Hippie: Tie die clothing, flare jeans, sandals, headband, anything with fringe on it (vests, purse...) light colored sun glasses.

Miss. America

An old formal dress, plus a pair of gloves, a tiara, some oversized jewelry, and heels. For the banner, a piece of wide ribbon, and write "Miss. America" in glitter.

Nurse

All white clothing, then make a little paper hat and draw a red cross on it

Cowboy

Tight jeans or overalls, flannel/checkered shirt, cowboy hat & boots if available

Sports star

Sports jersey, athletic pants, baseball cap

Frugal Fun 101

1) Free Films:

- **10/28 Shattered Glass**, Zellerbach Theater, 8pm (Get your tickets through the Office of Student Life, 200 Houston Hall)
- **10/29 12 Monkeys** – Wistar Institute, Grossman Auditorium, 7pm
- **10/30 Rosetta** - Gregory College House, Van Pelt Manor, Film Lounge, 8pm.

2) Free Halloween Stuff!

- **10/30 Stouffer Halloween Party**, 8-10
- **10/31 Trick or Treating & Halloween Parties**, everywhere, all night
- **10/31 SPEC Frightfest '03**, Houston Hall, 11 PM – 3AM ***Free cider, donuts, hot cocoa, and cookie & pumpkin decorating!***

Healthy, Cheap, & Easy Eating (Installment 1 of 3)

Bulk beans, grains, and rice are always really cheap. They often take a while to make, but they also are easy to keep once made, so always make yourself a double, triple, or more batch and freeze the rest! In the long run, you'll save lots of time and money!

Beans

(Tip: You can get rid of the gas in beans! Soak them overnight and let some of the gas producing nutrients dissolve into the water. Then, drain the water and use it as a liquidized fertilizer on your plants!)

- Vegetarian Baked Beans (Bush's are great). Eat with whole wheat bread, small potato, and side of frozen vegetable.
- Vegetarian chili (starting with canned or pre-cooked beans)

Topping ideas:

- Chili Powder, Cayenne Pepper, etc.
- Canned Tomatoes or tomato paste
- Macaroni or other pasta
- Sautéed onions, green pepper, and garlic
- Salsa or barbecue sauce
- Bac-O's or other fake bacon/ham bits

Rice

(Tip: Brown rice instead of white will increase the nutrition value of the rice and is just as cheap.)

- Steamed Vegetables or Squash on rice

Topping ideas:

- a little grated cheese
- oregano
- salsa and other sauces
- lemon pepper
- ground black pepper
- Anything! Just like potatoes, rice loves to be smothered.

(Tip: For a quicker version than steaming your veggies, take refrigerated, pre-cooked rice and microwave frozen veggies on top.)

Beans and Rice

- Black beans and rice:

1) Cheaters version: heat can of beans in a pan, add garlic powder, onion powder, salt and pepper serve over rice.

2) Non-cheaters: Sauté real onions and garlic, and then add beans.

A. Red beans and rice: Sauté a can (or two) of red beans in some oil with onions, garlic, and salt add two cups rice 4 cups water and a heaping teaspoon of fake veggie broth powder -- cover and let cook 20 minutes. Serve with salsa. (Tip: You can add veggies to this too!)

B. Refried beans & rice: Take a can of no-fat refried beans & add an equal amount of salsa. Add 10 oz. package frozen peas or fresh veggies. Put in pan & cook until hot. Serve over rice or toast.